

THE GENTLE ART OF GASTRONOMY IS A FRIENDLY ONE. IT HURDLES THE LANGUAGE BARRIER, MAKES FRIENDS AMONG CIVILIZED PEOPLE, AND WARMS THE HEART.

—Samuel Chamberlain, American author (1895–1975)

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SANDWICHES



WILDFLOWER BREAD COMPANY, Scottsdale, AZ

AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:

- select high-quality sandwich ingredients
- identify different types and styles of sandwiches
- prepare sandwiches to order

A sandwich is often the first meal a person learns to prepare. Even those who claim that they cannot cook often make delicious hot and cold sandwiches without considering it cooking. Mastering a grilled cheese sandwich or assembling the quintessential BLT may not require a degree in the culinary arts, but it does require the ability to select and use ingredients wisely.

Sandwiches, which are usually quick and easy to assemble, lend themselves well to a chef's creativity. Fancy sandwiches can become sensational menu additions in even the most formal restaurants, and amazing sandwiches can keep lunch customers visiting regularly. Sandwiches offer food service operations economical opportunities for using leftovers, and they offer customers, especially those with smaller budgets or appetites, meals to eat out of hand. Thus, the ability to correctly prepare hot and cold sandwiches to order is a fundamental skill in many food service operations.

Ingredients for Sandwiches

Sandwiches are constructed from bread, a spread and one or more fillings. These components should be selected and combined carefully so that the finished sandwich is flavorful and visually appealing.

BREAD

Bread provides more than a convenient means for handling a sandwich. It holds or contains the spread and fillings and gives the sandwich its shape. Bread also adds flavor, texture, nutrition and color, and often determines the overall look of the finished product.

Health consciousness and consumer willingness to try new and unusual foods gives today's chefs the freedom to create sandwiches without relying on two slices of white bread. Virtually any bread can be used in sandwich making: rolls, biscuits, bagels, croissants, fruit and nut breads, whole-grain breads and savory breads as well as flatbreads such as naan, lavosh and tortillas; pocket breads such as pitas and flavorful breads such as focaccia and Swedish limpa.

Whatever bread is used and whether its flavor is mild or intense, the bread should complement the fillings and not overpower them. The bread should be fresh (although day-old bread is easier to slice and is excellent toasted) and its texture should be able to withstand moisture from the spread and fillings without becoming soggy or pasty. An overly hard or crusty bread, however, may make the sandwich difficult to eat.

SPREAD

A spread is used to add flavor, moisture and richness to the sandwich and, sometimes, it helps to hold or bind it together. Some spreads, especially plain or flavored butters, also act as a barrier to prevent the moisture in the filling from soaking into the bread.

There are three principal spreads: butter, mayonnaise, and vegetable purées.

HERO WORSHIP

Americans love sandwiches—not only the everyday classics, but larger-than-life regional masterpieces that go by colorful, often-interchangeable names: hoagies, submarines, heroes and so on. I've even heard them called "Dagwoods," after the Bumstead of comics fame who makes his monumental sandwiches in the middle of the night, invariably with a piece of Swiss cheese hanging over the side and an olive on a toothpick spear. They're "hoagies" in my native Philadelphia, supposedly after the Hog Island shipyard, where Italian workers ate big stuffed sandwiches during World War I. "Submarine" was coined in the next war, it is said, at a Connecticut submarine base. A sandwich is a "hero" when it's so huge it takes a hero to eat it—this from food journalist Clementine Paddleford, writing in the 1930s about New York's Manganaro's deli.

Call it what you like, and make what you like of it. Dagwood puts everything but the kitchen sink in his sandwich. Manganaro's still fills its version to the brim with Italian antipasti—meats, cheeses, peppers, lettuce and tomatoes. In my hometown, everything's optional but the Italian bread, lettuce, tomato, onion and salad oil. New Englanders eat something called a "grinder," a hero stuffed with hot meatballs, sausage and peppers, veal parmigiana or the like. These are aptly named and a real workout for the jaw! New Orleans has two big sandwiches: the round muffuletta, dressed in garlicky green-olive salad, and the warming po' boy, which is often soaked in gravy. Cuban immigrants press ham, roast pork, cheese and sweet pickles between slabs of French bread in a plancha, a kind of sandwich iron. But perhaps you have a better idea. Try it! Give it a jaunty title and who knows—perhaps both the recipe and its name will live on.

from SHEILA LUKINS USA COOKBOOK, by
Sheila Lukins,
Workman Publishing, 1997

BUTTER

One of the most common spreads, plain butter adds flavor and richness; it is also an excellent moisture barrier. Flavored or compound butters, discussed in Chapter 11, Stocks and Sauces, make excellent sandwich spreads, adding flavor dimensions to the finished product. For example, try caper butter on a Cajun-style blackened beef sandwich or a red chile honey butter on a smoked turkey sandwich. Any butter spread should be softened or whipped so that it will spread easily without tearing the bread.

MAYONNAISE

Perhaps the most popular sandwich spread, mayonnaise adds moisture, richness and flavor and complements most meat, poultry, fish, shellfish, vegetable, egg and cheese fillings. Like butter, mayonnaise can be made more exciting by adding flavoring ingredients. Condiments (for example, coarse-grained mustard or grated horseradish), herbs, spices and spice blends (for example, curry or chilli powder) and other ingredients such as sun-dried tomatoes and pesto sauce can be stirred into fresh or commercially prepared mayonnaise. Fresh mayonnaise can also be prepared with flavored oils, such as olive oil, walnut oil or chile oil. See Chapter 24, Salads and Salad Dressings, for recipes and additional information on mayonnaise.

VEGETABLE PURÉES

Puréed vegetables are often used as sandwich spreads; after all, lunch boxes everywhere would be incomplete without a purée of roasted peanuts (more commonly known as peanut butter) and fruit jelly. More sophisticated examples include black olive tapenade (page 911) for a sandwich of Italian meats and cheeses, or a well-seasoned chickpea purée with lemon and tahini paste for a vegetarian sandwich. Unlike butter, vegetable purées usually will not provide a moisture barrier between the bread and the fillings.

FILLING

The filling is the body of the sandwich, providing most of its flavor. A sandwich often contains more than one filling. For example, the filling in a Reuben sand-

wich is corned beef, cheese and sauerkraut, while in a BLT it is bacon, lettuce and tomato. Fillings for cold sandwiches must be precooked and properly chilled, although some hot sandwich fillings may be cooked to order.

When choosing fillings, be sure that the flavors complement each other. Their textures may be similar or contrasting. If an ingredient, such as lettuce, is supposed to be crisp, it should be very crisp, not limp. If an ingredient is supposed to be tender and moist, make sure it is so. Improperly prepared, poor-quality or mishandled filling ingredients can ruin an otherwise wonderful sandwich.

Popular fillings include the following:

BEEF

Although the classic hot beef sandwich is the hamburger, other hot or cold beef products are commonly used. For example, hot or cold small steaks, slices of larger cuts such as the tenderloin, thin slices of roast beef and so on, make excellent fillings. Also popular are hot or cold slices of cured beef products, including corned beef, pastrami and tongue as well as beef sausages such as salami, bologna and hot dogs.

PORK

Various ham and bacon products, served either hot or cold, are extremely popular. In addition, pork loin and tenderloin are light, white meats that adapt well to various flavor combinations and cooking methods. Barbecued pork, pork sausages and pork hot dogs are also popular.

POULTRY

Sliced turkey breast, either roasted or smoked, and processed turkey are often used in hot and cold sandwiches. Moreover, food substitutes such as turkey bologna, turkey pastrami, turkey hot dogs and turkey ham are becoming increasingly popular because they generally have a lower fat content than the beef or pork original. Boneless chicken breast, either sliced or whole, is also quite popular because it can be prepared by a variety of methods and complements a broad range of flavors.

FISH AND SHELLFISH

Although fried fish fillets are an old standard, grilled fish sandwiches are gaining in popularity. Canned fish products, particularly tuna and salmon, are also widely used. Often fish and shellfish, especially tuna, shrimp and crab, are used for mayonnaise-based bound salads. Sardines and anchovies are less popular than other fish, but are sometimes mixed into bound salads or arranged artistically on open-faced sandwiches.

VEGETABLES

Vegetables add texture, moisture, flavor and nutrition to most any sandwich. Fresh vegetables such as lettuce, onions and tomatoes are commonly used in combination with meat, cheese and other fillings. Celery or bell peppers add a nice crunchy texture to cheese or mayonnaise-based bound salad fillings. Vegetables, however, can stand on their own as sandwich fillings. Marinated, grilled vegetables can be used in hot or cold sandwiches, and a combination of sliced, fresh vegetables and a flavorful dressing wrapped in soft lavosh or a tortilla becomes a portable salad.

EGGS

Hard cooked eggs are most often used as an ingredient in a mayonnaise-based salad, where they are chopped and combined with pickle relish and seasonings. Hard-cooked eggs can also be sliced thin and used as an attractive garnish on open-faced sandwiches. Fried or scrambled eggs can be layered between pieces of bread or rolled in a tortilla for a breakfast sandwich.

CHEESE

Cheese is available in such a variety of textures, flavors, colors and styles that it is a welcome addition to nearly any sandwich. Sliced cheese can be used as a filling in hot or cold sandwiches, and melted cheese or a cheese sauce makes an excellent topping for hot open-faced sandwiches. Flavored cream cheese is also used as a spread or filling, particularly with bagels and fruit or nut breads.

BOUND SALADS

Protein salads bound with mayonnaise or salad dressing are popular sandwich fillings. Examples include chicken, tuna, egg and ham salads. Bound salads are discussed in Chapter 24, Salads and Salad Dressings.

> **SAFETY ALERT**
>
> **SANDWICH SANITATION**
>
> Sandwiches, whether hot or cold, present a particularly dangerous environment for the spread of food-borne illnesses. The use of uncooked lettuce and other vegetables, the use of high-protein foods such as meat and poultry, the combination of hot and cold ingredients, and the presence of uncooked eggs in spreads such as homemade mayonnaise offer bacteria attractive homes. Cross-contamination can be an especially common problem because of the repeated use of spatulas, spreaders, scales, knives, cutting boards and, deadliest of all, human hands. Take extra care to wash hands frequently and to use disposable gloves properly; clean work surfaces and tools with a sanitizer often during service. The cardinal rule for proper food handling applies as well: *Keep hot foods hot; keep cold foods cold.* Review Chapter 2, Food Safety and Sanitation, for further information.

▶ TYPES OF SANDWICHES

Sandwiches can be hot or cold, closed or open-faced, depending on the way in which the ingredients are assembled and presented.

HOT SANDWICHES

Hot closed sandwiches include those in which the filling ingredients are served hot, such as a hamburger or hot dog, and those where the entire sandwich is heated for service, such as a grilled cheese or Monte Cristo. Hot closed sandwiches can be categorized as basic, grilled or deep-fried.

Basic hot closed sandwiches are generally those in which the principal filling is served hot between two pieces of bread. These sandwiches may also include fillings that are not hot, such as tomato slices and lettuce leaves. Variations of the basic hot closed sandwich include tacos, quesadillas, burros (or burritos) and wraps, in which the hot and/or cold fillings are folded or wrapped in a tortilla or other supple flatbread.

▶ PROCEDURE FOR PREPARING WRAP SANDWICHES



1 The tortilla is topped with a spread or dressing.



2 Vegetables and meat, fish or poultry items are mounded across the tortilla.



3 The tortilla is rolled tightly around the filling.



Cooking grilled cheese sandwiches.

Grilled sandwiches are those in which the filling is placed between two pieces of bread, which are buttered on the outside and then browned on a griddle or in a sauté pan. The filling will be warmed during this procedure but will not cook. Therefore, fillings such as bacon or sliced meat should be fully cooked before the sandwich is assembled and grilled.

Deep-fried sandwiches are made by dipping a closed sandwich in egg batter or bread crumbs and then deep-frying it. The most common example is the Monte Cristo: white bread filled with sliced ham, Swiss cheese and Dijon mustard.

The hot open-faced turkey or steak sandwich proved long ago that sandwiches do not need to be eaten by hand. In the typical **hot open-faced sandwich,** bread (grilled, toasted or fresh) is placed on a serving plate, covered with hot meat or other filling and topped with an appropriate gravy, sauce or cheese. The completed dish is often browned under a broiler immediately before service. Condiments and garnishes are usually served on the side.

Perhaps the ultimate hot open-faced sandwich is the **pizza.** Bread dough is topped with sauce, cheese, meat and vegetables, then baked. Small personal-sized pizzas are a popular menu item in even upscale restaurants.

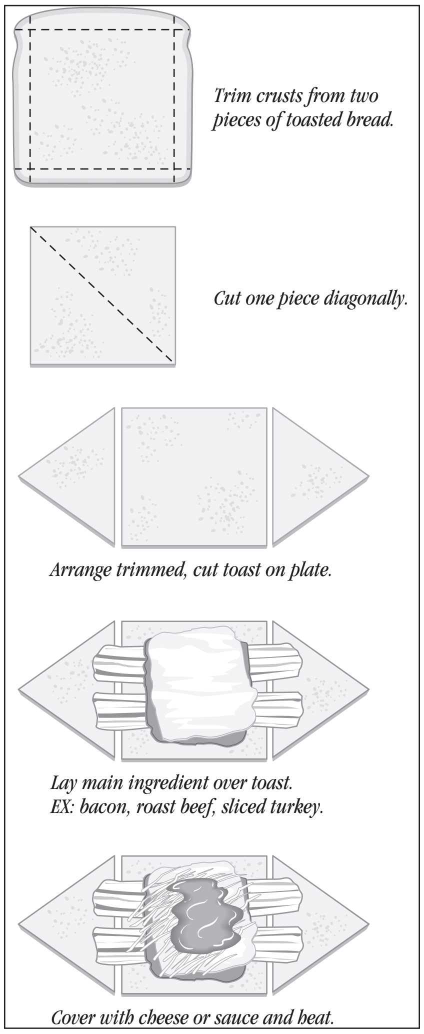


FIGURE 26.1 ▶ Arranging hot open-faced sandwiches

COLD SANDWICHES

Cold sandwiches are simply sandwiches that are eaten cold. They are made with raw ingredients that are not intended to be cooked, such as vegetables and cheese, or with meat, poultry, fish or shellfish that is precooked and then chilled before use as a filling. As with hot sandwiches, cold sandwiches may be closed or open-faced.

Cold closed sandwiches contain two or more pieces of bread with one or more fillings and one or more spreads. Cold closed sandwiches are usually eaten with the hands and come in three basic styles: basic, multidecker and tea.

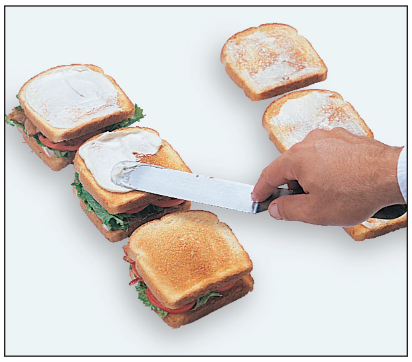
Basic cold sandwiches are made with two pieces of bread or one split roll, one spread and one or more fillings. A tuna salad sandwich and an Italian-style submarine are both examples of basic cold closed sandwiches. A variation of the basic cold sandwich is a wrap with cold fillings—for example, an herb-flavored tortilla spread with peanut sauce and wrapped around spinach leaves, diced grilled chicken and cold cooked rice.

Multidecker cold sandwiches are made with three or more pieces of bread, one or more spreads and two or more fillings. The club sandwich, in which sliced turkey, bacon, lettuce and tomato are layered with three slices of toasted bread, is a classic example of a multidecker sandwich (See the recipe on page 848).

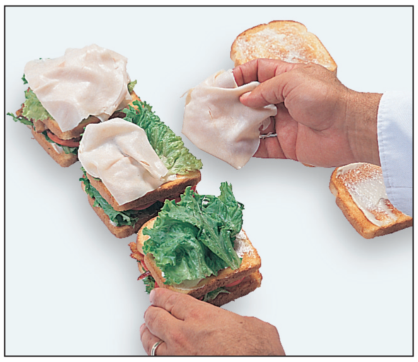
PROCEDURE FOR PREPARING COLD MULTIDECKER SANDWICHES



1 The first slice of toasted bread is spread with butter or mayonnaise, then topped with meat and vegetables.



2 The second slice of bread is added, then spread with mayonnaise.



3 A second layer of vegetables and meat is added.



4 The finished sandwich is cut into quarters for service.

HISTORY OF SANDWICHES

One of the earliest recorded references to foods eaten between two pieces of bread tells of Rabbi Hillel, a great Jewish teacher who lived sometime between 70 B.C. and 70 A.D. He created the Passover custom of eating haroseth (chopped nuts and apples) and mohror (bitter herbs) between two pieces of matzo (unleavened bread). This "sandwich" was intended to represent the mortar used by the Jews to build the Egyptians' pyramids and the bitter sadness of their internment away from the land of Israel.

The term *sandwich* came into use approximately 200 years ago. The Fourth Earl of Sandwich, Sir John Montague (1718–1792), is credited with popularizing the concept of eating meats and cheeses between two slices of bread. Apparently the Earl, not wanting to leave the gaming tables that he loved so much, would demand that his servants bring him meat and bread. He combined the two and ate them with one hand, allowing him a free hand to continue playing at the tables. Some historians argue that a more likely scenario is that, as the head of defense, the Earl was kept busy planning British strategy for the Revolutionary War underway in the American colonies. Whichever the case, the name stuck.

Sandwiches became more popular in the United States when soft white bread became common in the early 20th century. Today, sandwiches are found on breakfast, lunch and dinner menus and are served by every type of food service operation, from the most casual diner to the fanciest four-star dining room.



Open-faced sandwiches featuring smoked salmon (top), roast beef and shrimp (bottom) are attractively garnished with items that complement the principal ingredient.

Tea sandwiches are small, fancy constructions made with light, soft, trimmed breads and delicate fillings and spreads. They are usually cut or rolled into shapes such as diamonds, circles or pinwheels and served as a finger food at parties and receptions. The name derives from their service at afternoon tea.

Cold open-faced sandwiches are simply larger versions of canapés, which are discussed in Chapter 28, Hors d'Oeuvre and Canapés. The most popular style is the open-faced Norwegian sandwich known as **smørbrød.** As with canapés, much emphasis is placed on visual appeal. A single slice of bread is coated with a spread, then covered with thin slices of meat, poultry or fish, or a thin layer of a bound salad. Carefully cut and arranged garnishes such as hard-cooked eggs, fresh herbs, pickles, onions and radishes are used to complete the presentation. A simple version of an open-faced cold sandwich is a delicatessen classic—a bagel with lox and cream cheese.

▶ **smørbrød** (SMURR-brur) Norwegian cold open-faced sandwiches. Similarly, the Swedish term *smörgåsbord* (SMORE-guhs-bohrd) refers to a buffet or bread-and-butter table of salads, open-faced sandwiches, pickled or marinated fish, sliced meats and cheeses.

▶ Sandwich Mise en Place

Sandwiches are generally prepared to order, and their preparation usually requires a great deal of handwork. Therefore, the goal is to assemble all ingredients and equipment so that your motions will be as quick and efficient as possible at the time of final assembly. Because each menu and food service operation has its own requirements, there is no one correct station setup, but there are a few basic guidelines.

1 *Prepare ingredients.* All sandwich ingredients should be cooked, mixed, sliced and prepared ahead of service to facilitate quick, efficient assembly at service time. So, before service, slice the meats, cheeses and vegetables, clean and dry lettuce and other fresh vegetable ingredients, blend the flavored spreads, mix the bound salads, and so on.



FIGURE 26.2 ▶ A typical sandwich bar.

2 *Arrange and store ingredients.* Arrange all sandwich ingredients within easy reach of the work area. Cold items must be properly refrigerated at all times. A sandwich bar, similar to a steam table but with refrigerated compartments, is frequently used for this purpose. Under-counter refrigeration can be used for backup supplies and less frequently used ingredients. Sliced meats, cheeses and vegetables must be well covered to prevent dehydration or contamination. Many ingredients can be pre-portioned, either by weight or count, then wrapped in individual portions for storage.

3 *Select and arrange equipment.* The heavy equipment needed for making sandwiches can include preparation equipment such as meat slicers,

GREATEST HITS FROM THE SANDWICH COUNTER

Writing in his monumental *Le Guide culinaire* of 1903, Auguste Escoffier describes just two types of sandwiches: those "with two slices of buttered bread . . . covering a slice of ham or tongue, etc." and "the kind served at elaborate functions," which are much smaller, and in which the "sandwiched product (whatever this be)" is diced. Among his list of common sandwich ingredients are ham, beef, chicken, foie gras, caviar and watercress.

Today's cook must recognize a somewhat wider variety of sandwiches, however. And, as the following list shows, often a sandwich's popular name bears no connection to its ingredients.

BLT—Bacon, lettuce and tomato between two slices of toasted bread.

Club—Three slices of toasted bread usually layered with bacon, lettuce and tomato plus turkey or chicken. The sandwich, and its name, most likely originated at the Saratoga Club during the 1890s.

Croque Monsieur—Ham and cheese sandwich dipped in beaten egg and grilled; made popular by bars and bistros throughout Paris.

Deli—Contains any of various meats commonly sold in a delicatessen, such as pastrami, corned beef, turkey, ham, roast beef and so on. Usually the meat is sliced very thin and piled very high between two slices of white or rye bread.

Fluffernutter—Peanut butter and marshmallow fluff spread on—what else?—white bread; popular during the 1960s.

French Dip—Thin slices of roast beef in a crusty French-bread roll served au jus.

Gyro—Well-seasoned rotisserie-roasted lamb, thinly sliced and served wrapped in pita bread with onions and cucumber-yogurt dressing. A Greek-American creation, the gyro (YEAR-o) became popular at Greek lunch counters in New York City during the 1970s.

Patty Melt—Ground beef patty with grilled onions and cheese, grilled between two slices of buttered rye bread.

Po' Boy—French bread loaf split and filled with various ingredients, especially fried oysters or shrimp and rémoulade sauce. Created during the 1920s, it is New Orleans' version of a submarine sandwich.

Reuben—Corned beef, Swiss (Emmenthaler) cheese, sauerkraut and mustard or Thousand Island dressing grilled between two slices of rye bread. The Reuben was probably created during the early 1900s by Arnold Reuben, owner of New York City's Reuben's Restaurant.

griddles, grills, fryers and broilers as well as storage equipment such as refrigerated sandwich bars for cold ingredients and steam tables for hot ingredients. Even the simplest sandwich menu will require the use of basic hand tools such as spatulas, spreaders, portion scoops, knives and cutting boards. Be sure that the supply of such items is adequate to permit quick handwork and to avoid delays or cross-contamination.

PRESENTING AND GARNISHING SANDWICHES

Sandwiches, especially cold closed sandwiches, are usually cut into halves, thirds or quarters for service. Cutting makes a sandwich easier for the customer to handle and allows for a more attractive presentation; the sandwich wedges can be arranged to add height to the plate and to expose the fillings' colors and textures. For sit-down service, hot closed sandwiches such as hamburgers are often presented open-faced. Condiments, such as mustard and mayonnaise, and garnishes, such as sliced tomatoes, onions, pickles and lettuce leaves, are served on the side or on one of the open bun halves. This tends to be a more attractive presentation, and it allows the customer to assemble and add ingredients to the sandwich as desired.

Although a sandwich can be a meal unto itself, it may be served with a salad or starch accompaniment. Potato chips or french-fried potatoes are, of course, standard fare, perhaps because they are also finger foods and they provide a crunchy texture. Bound salads, such as potato and macaroni, are also common starch accompaniments. Plated sandwiches have long been served with coleslaw, fruit salad or a small mixed green salad as side dishes. Even the standard soup-and-sandwich combo—half of a sandwich with a cup of soup—remains a popular lunch selection.

CONCLUSION



High-quality sandwiches are made from fresh, carefully prepared ingredients, presented in an appetizing and appealing manner. Flavors, colors and textures of the bread, spread and filling should be appropriate and complementary. Breads should be fresh, never stale, and appropriate for the finished sandwich. Spreads should be carefully chosen to add additional flavors and moisture to the sandwich but should not be used to cover or mask dry or poor-quality fillings or breads. Fillings provide the dominant flavor and are usually the source of the sandwich's name; they should be flavorful and properly prepared. The appearance of even the most basic sandwich can be improved by careful assembly and precise trimming and cutting.

QUESTIONS FOR DISCUSSION

1. List examples for each of the three primary sandwich components.
2. Explain the differences between a hot open-faced and a hot closed sandwich.
3. List several hand tools used in sandwich production, and explain the need for an ample supply of these tools.
4. Why is cross-contamination a concern when preparing sandwiches? What simple steps can be taken to avoid the spread of pathogenic microorganisms?

SANDWICH RECIPES

CHICKEN PESTO AND FETA SANDWICH

RECIPE 26.1

Note: This dish appears in the chapter opening photograph.

WILDFLOWER BREAD COMPANY, SCOTTSDALE, AZ

Yield: 8 Sandwiches

Mushrooms, sliced thin	8 oz.	240 g
Balsamic vinaigrette	1 fl. oz.	30 ml
Red bell peppers, roasted	8 oz.	240 g
Tomatoes, medium	4	4
Chicken breasts, boneless, skinless, 4 oz. (120 g) each	8	8
Italian rolls	8	8
Pesto Sauce (page 237)	8 oz.	240 g
Feta	8 oz.	240 g

1. Marinate the mushrooms in the balsamic vinaigrette for at least 24 hours under refrigeration, stirring occasionally.
2. Slice the bell peppers into ¼-inch- (6-millimeter-) wide strips.
3. Slice the tomatoes into ¼-inch- (6-millimeter-) thick slices.
4. Trim any fat or rib meat from the chicken breasts and then grill until done.
5. To assemble each sandwich, slice one roll in half lengthwise. Spread 1 ounce (30 grams) of the Pesto Sauce on the bottom of the roll, then crumble 1 ounce (30 grams) of the feta on top of the Pesto Sauce, covering the entire surface. Place a chicken breast on top of the feta, then ½ ounce (15 grams) of the mushrooms on the chicken, then 1 ounce (30 grams) of the bell pepper strips on top of the mushrooms; finish with 3 tomato slices and the top of the roll. Insert two toothpicks, slice and serve.

Approximate values per sandwich: **Calories** 540, **Total fat** 20 g, **Saturated fat** 7 g, **Cholesterol** 135 mg, **Sodium** 830 mg, **Total carbohydrates** 39 g, **Protein** 51 g, **Vitamin A** 20%, **Vitamin C** 60%, **Calcium** 30%, **Iron** 25%

GROUPER SANDWICH WITH LEMON RÉMOULADE

RECIPE 26.2

CAFÉ ALLEGRE, ORLANDO, FL

Chef Kevin Fonzo



Yield: 6 Sandwiches

Olive oil	2 Tbsp.	30 ml
Grouper fillets, 5 oz. (150 g) each	6	6
Salt and pepper	TT	TT
Lemon Rémoulade (recipe follows)	6 Tbsp.	90 ml
Kaiser rolls, sliced, toasted	6	6
Mixed greens	3 c.	720 ml
Tomato slices	6	6

1. Heat the olive oil in a large sauté pan. Season the grouper fillets with salt and pepper and then sauté the fish until golden brown and cooked through.

2 To assemble each sandwich, spread 1 tablespoon (15 milliliters) of Lemon Rémoulade on the bottom half of the roll, then top with ½ cup (120 milliliters) of mixed greens, one tomato slice and one cooked fish fillet. Cover with the remaining half of the roll and serve.

Approximate values per serving: **Calories** 330, **Total fat** 8 g, **Saturated fat** 1 g, **Cholesterol** 40 mg, **Sodium** 380 mg, **Total carbohydrates** 36 g, **Protein** 28 g, **Vitamin A** 15%, **Vitamin C** 60%

LEMON RÉMOULADE

Yield: 20 fl. oz. (600 ml)

Mayonnaise	1 pt.	1 lt
Sweet pickle relish	3 oz.	90 g
Onion, chopped fine	2 Tbsp.	30 ml
Fresh parsley, chopped	2 Tbsp.	30 ml
Fresh lemon juice	2 Tbsp.	30 ml
Salt and black pepper	TT	TT
Worcestershire sauce	TT	TT
Tabasco sauce	TT	TT

1 Mix all the ingredients together until thoroughly blended.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 170, **Total fat** 18 g, **Saturated fat** 2.5 g, **Cholesterol** 15 mg, **Sodium** 160 mg, **Total carbohydrates** 2 g, **Protein** 0 g

RECIPE 26.3 HAMBURGER

Yield: 1 Sandwich

Ground round	4–6 oz.	120–180 g
Salt and pepper	TT	TT
Hamburger bun or other appropriate bread	1	1
Garnishes	as desired	as desired

1 Form the ground round into a patty, handling the beef as little as possible.

2 Season the patty with salt and pepper and broil or grill to the desired doneness, turning once. While the patty is cooking, toast the bun or bread if desired.

3 Remove the patty from the broiler or grill, place on one-half of the bun or one slice of bread and garnish the other with a lettuce leaf, a slice of onion, a slice of tomato and/or pickles. Serve with condiments such as ketchup and mustard.

Approximate values per sandwich: **Calories** 580, **Total fat** 32 g, **Saturated fat** 9 g, **Cholesterol** 99 mg, **Sodium** 355 mg, **Total carbohydrates** 40 g, **Protein** 29 g

Variations: Cheeseburger—Place one or two slices of American, Cheddar, Swiss or other cheese on the cooking patty approximately 1 minute before it is done.

Approximate values per sandwich: **Calories** 680, **Total fat** 42 g, **Saturated fat** 15 g, **Cholesterol** 130 mg, **Sodium** 520 mg, **Total carbohydrates** 42 g, **Protein** 36 g, **Calcium** 20%

Bacon Cheeseburger—Prepare a cheeseburger and place two slices of crisp bacon on top of the cheese when the patty is done.

Approximate values per sandwich: **Calories** 650, **Total fat** 39 g, **Saturated fat** 12 g, **Cholesterol** 110 mg, **Sodium** 560 mg, **Total carbohydrates** 41 g, **Protein** 33 g

Mushroom Burger—Sauté 2 ounces (60 grams) of sliced mushrooms in 1 to 2 teaspoons (5 to 10 milliliters) of butter or olive oil. Top the cooked hamburger or cheeseburger with the cooked mushrooms.

Approximate values per sandwich, without cheese: **Calories** 660, **Total fat** 37 g, **Saturated fat** 12 g, **Cholesterol** 110 mg, **Sodium** 400 mg, **Total carbohydrates** 48 g, **Protein** 33 g

California Burger—Prepare a hamburger or cheeseburger and serve on a whole-wheat bun accompanied by 2 ounces (60 grams) of guacamole, 1 ounce (30 grams) of alfalfa sprouts, two slices of ripe tomato and one thin slice of red onion.

Approximate values per sandwich, without cheese: **Calories** 690, **Total fat** 40 g, **Saturated fat** 9 g, **Cholesterol** 100 mg, **Sodium** 770 mg, **Total carbohydrates** 50 g, **Protein** 33 g, **Vitamin C** 20%

GRILLED RED SNAPPER BURGER WITH MANGO KETCHUP

RECIPE 26.4

FROM *ALLEN SUSSER'S NEW WORLD CUISINE AND COOKERY*

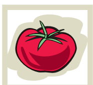
by Allen Susser, North Miami Beach, FL

Yield: 4 Sandwiches

Red snapper fillets, fresh	1 lb.	450 g
Egg whites	3	3
Kosher salt	1½ tsp.	7 ml
Cayenne pepper	¼ tsp.	1 ml
Thai fish sauce	1 Tbsp.	15 ml
Green onions, chopped	2 Tbsp.	30 ml
Fresh dill, chopped	1 tsp.	5 ml
Fresh bread crumbs	¼ c.	60 ml
Olive oil	2 Tbsp.	30 ml
French bread, quartered	1 loaf	1 loaf
Spinach, cleaned and dried	1 c.	225 ml
Mango Ketchup (recipe follows)	1 Tbsp.	15 ml

1. Chop the red snapper by hand or with a steel blade in a food processor. Place the chopped snapper in a large stainless steel bowl.
2. Add the egg whites, salt, cayenne, fish sauce, green onions and dill. Mix well.
3. Add enough bread crumbs to bind all the ingredients together.
4. Form into four burgers ½ inch (1.2 centimeters) thick and chill for approximately 30 minutes in the refrigerator.
5. Heat a grill or broiler until very hot. Drizzle a little olive oil over the burgers just before cooking. Grill or broil over high heat for about 1½ minutes on each side, being careful not to overcook the fish.
6. Serve the burgers immediately on the French bread with one-fourth of the spinach leaves and 1 tablespoon (15 milliliters) of Mango Ketchup on each.

Approximate values per sandwich: **Calories** 445, **Total fat** 11 g, **Saturated fat** 2 g, **Cholesterol** 55 mg, **Sodium** 1620 mg, **Total carbohydrates** 47 g, **Protein** 40 g, **Vitamin A** 50%, **Calcium** 20%



MANGO KETCHUP

Yield: 2 qt. (2 lt)

Mangoes, medium	5	5
Vinegar	3 Tbsp.	45 ml
Fresh ginger, chopped	1 Tbsp.	15 ml

Continued

Cinnamon, ground	1 dash	1 dash
Kosher salt	1 tsp.	5 ml
Granulated sugar	4 oz.	120 g
White wine	4 fl. oz.	120 ml
Allspice, ground	1/2 tsp.	2 ml
Cayenne pepper	1/2 tsp.	2 ml
Clove, whole	1	1

1. Peel and pit the mangoes. Purée the pulp in a food processor fitted with a stainless steel blade.
2. Add all the remaining ingredients and pulse together.
3. In a heavy-sided saucepan cook the mixture over low heat for 1 hour, until well reduced and thickened.
4. Remove from the heat and cool.
5. Strain through a fine sieve. Let set refrigerated for 24 hours.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 20, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 35 mg, **Total carbohydrates** 5 g, **Protein** 0 g, **Vitamin A** 15%, **Claims**—low calorie; fat free

RECIPE 26.5

BLACKENED STEAK SANDWICH

Yield: 2 Sandwiches

New York strip steak, 10 oz. (280 g)	1	1
Blackened Steak Seasoning (recipe follows)	as needed	as needed
Clarified butter	1 fl. oz.	30 ml
Capers	1 Tbsp.	15 ml
Whole butter, softened	1 oz.	30 g
French bread, cut on the bias	2 slices	2 slices
Baby lettuce, cleaned	4 oz.	120 g
Roma tomatoes, sliced	2	2
Red onion, sliced	1 oz.	30 g

1. Heat a cast-iron skillet over high heat for 10 minutes. Pat the steak dry with a clean towel. Coat the steak in the Blackened Steak Seasoning.
2. Carefully place the steak into the hot pan and ladle 1/2 ounce (15 milliliters) of clarified butter over the steak. Be very careful, as the butter may flare up. There will be intense smoke and the steak will form a black crust. Cook the steak for approximately 2 minutes.
3. Turn the steak, ladle the remaining clarified butter over it and cook to the desired degree of doneness. Remove the steak from the pan and hold in a warm place.
4. Chop the capers and combine them with the softened butter. Spread each slice of bread with half of the caper butter.
5. Slice the steak on the bias.
6. To assemble each sandwich, place half of the warm steak on a slice of buttered bread and arrange half of the greens, tomatoes and onion attractively on the plate and serve.

Variation: To serve this sandwich cold, allow the steak to cool after cooking, then refrigerate it until completely cold. Proceed with the recipe.

Approximate values per sandwich: **Calories** 610, **Total fat** 38 g, **Saturated fat** 20 g, **Cholesterol** 180 mg, **Sodium** 650 mg, **Total carbohydrates** 21 g, **Protein** 44 g, **Vitamin A** 30%, **Vitamin C** 40%

BLACKENED STEAK SEASONING

Yield: 1½ oz. (45 g)

Paprika	1 Tbsp.	15 ml
Salt	2 tsp.	10 ml
Onion powder	1 tsp.	5 ml
Garlic powder	1 tsp.	5 ml
Cayenne pepper	1 tsp.	5 ml
White pepper	½ tsp.	3 ml
Black pepper	½ tsp.	3 ml
Dried thyme	½ tsp.	3 ml

1 Combine all ingredients and mix well.

PHILLY CHEESE STEAK SANDWICH

RECIPE 26.6

Yield: 1 Serving

Sub roll, 6 in. (15 cm)	1	1
Beef round, shaved thin	8 oz.	240 g
Vegetable oil	1 Tbsp.	15 ml
Salt and pepper	TT	TT
Provolone cheese slices	2	2

1 Split the sub roll in half lengthwise.
2 Sauté the shaved beef in the vegetable oil until done, approximately 1 minute. Season with salt and pepper.
3 Cut the cheese slices in half and line the bottom of the sub roll with two halves. Place the hot beef on top of the cheese and top with the remaining cheese. Place the top of the roll on the sandwich, cut in half and serve hot.

Variation: Sauté 2 ounces (60 grams) of sliced mushrooms, onions or red or green bell peppers in a small amount of vegetable oil and add them to the sandwich on top of the second layer of cheese.

Approximate values per sandwich: **Calories** 1110, **Total fat** 53 g, **Saturated fat** 19 g, **Cholesterol** 215 mg, **Sodium** 1510 mg, **Total carbohydrates** 69 g, **Protein** 85 g, **Vitamin A** 10%, **Calcium** 45%, **Iron** 60%

GRILLED BBQ PORTABELLA MUSHROOM SANDWICH ON FOCACCIA

RECIPE 26.7

CAFÉ ALLEGRE, ORLANDO, FL
Chef Kevin Fonzo



Yield: 6 Sandwiches

Focaccia, cut into 6-in. (15-cm) squares	6	6
Portabella mushrooms	6	6
Barbecue Sauce (page 241)	2 fl. oz.	60 ml
Red bell peppers, roasted, peeled and julienne	2	2
Fresh basil leaves	30	30
Goat cheese, crumbled	6 Tbsp.	90 ml

1. Slice the focaccia squares horizontally and toast.
2. Brush the mushrooms with the Barbecue Sauce and grill until hot and tender.
3. To assemble each sandwich, place one mushroom on the bottom of a focaccia square and top with one-sixth of the bell pepper strips, five basil leaves and 1 tablespoon (15 milliliters) of goat cheese. Top with the remaining focaccia, cut in half and serve.

Approximate values per sandwich: **Calories** 330, **Total fat** 12 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 660 mg, **Total carbohydrates** 45 g, **Protein** 11 g, **Vitamin C** 80%, **Iron** 15%, **Claims**—good source of fiber

RECIPE 26.8

REUBEN SANDWICH



Yield: 1 Sandwich

Dark rye bread	2 slices	2 slices
Thousand Island dressing	2 Tbsp.	30 ml
Cooked corned beef, hot, sliced very thin	4 oz.	120 g
Sauerkraut, hot, drained well	2 oz.	60 g
Swiss (Emmenthaler) cheese	2 slices	2 slices
Whole butter, softened	as needed	as needed

1. Spread each slice of bread with approximately 1 tablespoon (15 milliliters) of Thousand Island dressing.
2. Place the hot corned beef, hot sauerkraut and cheese on one slice of bread. Top with the second slice of bread, keeping the dressing side inside the sandwich.
3. Butter the top slice of bread and place the sandwich on a hot griddle, butter side down. Carefully butter the second slice of bread.
4. Griddle the sandwich, turning once when the first side is well browned. The sandwich is done when both sides are well browned, the fillings are very hot and the cheese is melted.
5. Cut the sandwich in half diagonally and arrange as desired for service.

Approximate values per sandwich: **Calories** 560, **Total fat** 27 g, **Saturated fat** 10 g, **Cholesterol** 85 mg, **Sodium** 2150 mg, **Total carbohydrates** 39 g, **Protein** 40 g, **Vitamin A** 10%, **Vitamin C** 30%

RECIPE 26.9

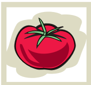
SOUTHWESTERN GRILLED CHEESE SANDWICH WITH CHIPOTLE PURÉE AND AVOCADO

Yield: 1 Sandwich

Whole-grain bread	2 slices	2 slices
Monterey Jack with peppers	2 slices	2 slices
Chipotle Purée (recipe follows)	1 tsp.	5 ml
Crème fraîche	1 Tbsp.	15 ml
Avocado, sliced thin	2 oz.	60 g
Red onion, sliced thin	½ oz.	15 g
Fresh cilantro leaves	1 Tbsp.	15 ml
Whole butter, soft	1 oz.	30 g

1 Top each slice of bread with a slice of cheese. Spread each slice with half of the Chipotle Purée and half of the crème fraîche.
2 Arrange the avocado slices, onion slices and cilantro leaves on one slice of the bread. Close the sandwich and press together lightly.
3 Butter the top slice of bread and place the sandwich, butter side down, on a hot griddle. Carefully butter the second slice of bread.
4 Griddle the sandwich, turning once when the first side is well browned. The sandwich is done when both sides are well browned and the cheese is melted.
5 Cut the sandwich in half diagonally and arrange as desired for service.

Approximate values per sandwich: **Calories** 730, **Total fat** 55 g, **Saturated fat** 28 g, **Cholesterol** 140 mg, **Sodium** 800 mg, **Total carbohydrates** 35 g, **Protein** 24 g, **Vitamin A** 45%, **Calcium** 60%



CHIPOTLE PURÉE

Yield: 8½ oz. (250 g)

Chipotle peppers in adobo sauce	7 oz.	200 g
Vegetable oil	1 fl. oz.	30 ml
Lime juice	from 1 lime	from 1 lime

1 Place all the ingredients in the bowl of a food processor and process until smooth.

Approximate values per 1-oz. (30-g) serving: **Calories** 35, **Total fat** 3 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 1290 mg, **Total carbohydrates** 1 g, **Protein** 0 g, **Vitamin C** 20%, **Claims**—low calories; low fat; high in vitamin C

MONTE CRISTO SANDWICH

RECIPE 26.10

Yield: 1 Sandwich



White bread	2 slices	2 slices
Whole butter, softened	as needed	as needed
Cooked turkey breast, sliced thin	1 oz.	30 g
Ham, sliced thin	1 oz.	30 g
Swiss (Emmenthaler) cheese	2 slices	2 slices
Egg	1	1
Milk	1 fl. oz.	30 ml

1 Spread one side of each slice of bread with butter.
2 Arrange the turkey breast, ham and cheese on top of the butter on one slice of bread.
3 Place the other slice of bread on top of the cheese, butter side against the cheese.
4 Beat the egg and milk together. Dip the sandwich in the egg batter and allow the batter to soak into the bread.
5 Using the swimming method, deep-fry the sandwich in oil at 375°F (190°C) until it is evenly browned. Remove from the oil and drain well. Cut the sandwich into four pieces and arrange as desired.

Approximate values per sandwich: **Calories** 630, **Total fat** 42 g, **Saturated fat** 24 g, **Cholesterol** 345 mg, **Sodium** 1050 mg, **Total carbohydrates** 27 g, **Protein** 35 g, **Vitamin A** 40%

RECIPE 26.11 FALAFEL

Yield: 12 Sandwiches

Chickpeas, dried	1 lb.	450 g
Garlic cloves, minced	6	6
Fresh Parsley, chopped	½ oz.	15 g
Chives, minced	½ oz.	15 g
Cumin, ground	1 Tbsp.	15 ml
Coriander, ground	2 tsp.	10 ml
Cayenne pepper	TT	TT
Eggs	3	3
Salt	TT	TT
Flour	5 oz.	150 g
Plain yogurt	6 oz.	180 g
Lemon juice	2 fl. oz.	60 ml
Pita bread	12	12
Iceberg lettuce, shredded	6 oz.	180 g
Tomatoes, diced	6 oz.	180 g

1. To make the falafel, soak the chickpeas following the procedures for dried beans outlined in Chapter 22, Vegetables. Drain the chickpeas, place them in a pot and cover with cool water. Simmer until tender, approximately 2 to 3 hours, remove from the heat and drain well.
2. Process the chickpeas in a food processor or a food chopper until coarsely chopped. Add the garlic, parsley, chives, cumin, coriander and cayenne and process for a few seconds.
3. Add the eggs, salt and flour and process briefly. Remove the falafel from the machine and chill in the refrigerator for 1 hour.
4. Combine the yogurt and lemon juice and mix well. Set aside.
5. Portion the falafel using a #50 scoop (there should be approximately 60 balls) and using the swimming method, deep-fry the balls at 375°F (190°C) until crisp and hot. Drain well and hold in a warm place.
6. To assemble each sandwich, cut a pita in half or open it to form a pocket and stuff with several balls of falafel and ½ ounce (15 grams) each of the shredded lettuce and diced tomatoes and then dress with the yogurt sauce. Arrange the sandwiches as desired and serve hot.

Approximate values per sandwich: **Calories** 290, **Total fat** 3 g, **Saturated fat** 0.5 g, **Cholesterol** 55 mg, **Sodium** 470 mg, **Total carbohydrates** 55 g, **Protein** 12 g, **Claims**—low fat; low saturated fat; good source of fiber

RECIPE 26.12 KENTUCKY HOT BROWN SANDWICH



Yield: 6 Sandwiches

Heavy cream, hot	6 fl. oz.	180 ml
Romano, grated	6 oz.	180 g
Velouté sauce, hot	1 qt.	1 lt
Dry sherry	1 fl. oz.	30 ml
White toast, crust removed	12 slices	12 slices
Turkey breast, sliced	1 lb. 8 oz.	720 g
Parmesan, grated	2 oz.	60 g
Tomato wedges	12	12
Bacon slices, lean, cooked crisp	12	12

1. To make the sauce, add the cream and the Romano to the velouté sauce and bring to a simmer. Simmer for 1 minute, then strain the sauce through a china cap. Stir in the sherry. Hold in a warm place for service.
2. Cut the toast diagonally into triangles.
3. To assemble each sandwich, arrange four toast triangles in a gratin dish and top with 4 ounces (120 grams) of turkey and 4 fluid ounces (120 milliliters) of sauce. Bake at 350°F (180°C) until brown, approximately 15 minutes.
4. Top each sandwich with Parmesan, two tomato wedges and two strips of bacon and serve very hot.

Approximate values per sandwich: **Calories** 720, **Total fat** 34 g, **Saturated fat** 17 g, **Cholesterol** 185 mg, **Sodium** 2180 mg, **Total carbohydrates** 45 g, **Protein** 59 g, **Vitamin A** 20%, **Calcium** 50%

ROAST BEEF AND BLUE CHEESE SANDWICH

RECIPE 26.13

WILDFLOWER BREAD COMPANY, SCOTTSDALE, AZ

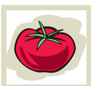


Yield: 4 Sandwiches

Red bell peppers, roasted	8 oz.	240 g
Herb Mayonnaise (recipe follows)	8 Tbsp.	120 ml
White sourdough bread	8 slices	8 slices
Blue cheese, crumbled	6 oz.	180 g
Roast beef, rare, cold, sliced thin	1 lb.	440 g
Red onion, sliced thin	2 oz.	60 g
Tomato slices	12	12
Romaine lettuce	4 leaves	4 leaves

1. Slice the bell peppers into strips 1/4 inch (6 millimeters) wide.
2. To assemble each sandwich, spread 2 tablespoons (30 milliliters) of Herb Mayonnaise on a slice of bread and top with 1½ ounces (45 grams) of blue cheese. Then place 4 ounces (120 grams) of the roast beef on top of the cheese and cover with ½ ounce (15 grams) of red onion, 2 ounces (60 grams) of bell pepper strips, three tomato slices, one leaf of romaine lettuce and a slice of bread.

Approximate values per sandwich: **Calories** 679, **Total fat** 42 g, **Saturated fat** 17 g, **Cholesterol** 105 mg, **Sodium** 1061 mg, **Total carbohydrates** 41 g, **Protein** 34 g, **Vitamin A** 73%, **Vitamin C** 170%, **Calcium** 30%, **Iron** 25%



HERB MAYONNAISE

Yield: 8 fl. oz. (240 ml)

Mayonnaise	8 fl. oz.	240 ml
Fresh basil, chopped	1 Tbsp.	15 ml
Fresh cilantro, chopped	1 tsp.	5 ml
Fresh parsley, chopped	1 tsp.	5 ml

1. Stir all the ingredients together until the herbs are evenly distributed throughout the mayonnaise. Chill until ready to use.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 200, **Total fat** 22 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 160 mg, **Total carbohydrates** 1 g, **Protein** 0 g

RECIPE 26.14

NEW ORLEANS-STYLE MUFFULETTA SANDWICH



Yield: 1 Sandwich, 4–6 Servings

Red bell pepper, roasted, chopped	1	1
Niçoise or Gaeta olives, pitted, chopped	4 oz.	120 g
Olives, green, pitted, chopped	4 oz.	120 g
Olive oil	4 fl. oz.	120 ml
Fresh Italian parsley, chopped	2 Tbsp.	30 ml
Anchovy fillets, mashed	2	2
Dried oregano	1 tsp.	5 ml
Lemon juice	1 Tbsp.	15 ml
Round Italian bread, 8-in. (18-cm) diameter	1	1
Arugula or curly endive, chiffonade	1½ oz.	45 g
Tomato concassée	6 oz.	180 g
Mortadella, sliced thin	6 oz.	180 g
Soppressata, sliced thin	4 oz.	120 g
Provolone or Fontina, sliced thin	4 oz.	120 g
Black pepper	TT	TT

1. To make the olive salad, combine the bell pepper, olives, olive oil, parsley, anchovies, oregano and lemon juice and marinate for several hours.
2. Cut the loaf of bread in half horizontally. Remove some of the soft interior of the bread to create a slight hollow area.
3. Drain the olive salad, reserving the oil. Brush the interior of the bread with the reserved oil, using it all.
4. Arrange the olive salad, greens, tomato concassée, mortadella, soppressata and cheese in layers on the bottom portion of the loaf of bread, finishing with a thick layer of olive salad. Season the layers with pepper as desired.
5. Place the top on the sandwich and wrap tightly with plastic wrap. Refrigerate the sandwich for several hours so that the layers will remain in place when the sandwich is cut.
6. Cut the sandwich into four to six wedges and arrange as desired for service.

Approximate values per sandwich: **Calories** 670, **Total fat** 57 g, **Saturated fat** 14 g, **Cholesterol** 60 mg, **Sodium** 2200 mg, **Total carbohydrates** 16 g, **Protein** 24 g, **Vitamin C** 80%, **Calcium** 30%

RECIPE 26.15

SOUTHWESTERN GRILLED CHICKEN WRAP



Yield: 12 Sandwiches

Chicken breast, boneless, skinless	3 lb.	1350 g
Salt and pepper	TT	TT
Avocados	3	3
Red bell peppers	2	2
Red onion	1	1
Tomatoes	2	2
Tortillas, 10 in. (24 cm)	12	12
Black Bean Spread (recipe follows)	3 lb.	1350 g
Black olives, sliced	1 c.	250 ml
Fresh cilantro, chopped	2 bunches	2 bunches
Cheddar, grated	1 lb. 8 oz.	750 g
Jalapeños, minced	2	2

1. Season the chicken breast with salt and pepper and grill or broil until done. Chill and cut into strips.
2. Peel the avocados and cut each into 12 slices. Clean the bell peppers and cut into strips. Slice the onion thinly. Dice the tomatoes.
3. To make each sandwich, place one tortilla on a cutting board and spread with approximately 4 ounces (120 grams) of Black Bean Spread.
4. Sprinkle 1/12 of the bell peppers, onion, tomatoes, olives, cilantro, cheese and jalapeños over the bean spread.
5. Top with 1/12 of the chicken and three slices of avocado.
6. Roll the tortilla around the ingredients tightly enough so that the sandwich will hold its shape. Cut the sandwich as desired for service.

Approximate values per sandwich: **Calories** 642, **Total fat** 37 g, **Saturated fat** 16 g, **Cholesterol** 118 mg, **Sodium** 695 mg, **Total carbohydrates** 37 g, **Protein** 41 g, **Vitamin A** 37%, **Vitamin C** 76%, **Calcium** 50%, **Iron** 22%

BLACK BEAN SPREAD

Yield: 3 lb. (1.3 kg)

Black beans, soaked and drained	1 lb. 8 oz.	680 g
Water	4 qt.	4 lt
Onions, diced	4 oz.	120 g
Tomatoes, diced	6 oz.	180 g
Fresh cilantro, chopped	2 Tbsp.	30 ml
Salt and pepper	TT	TT
Cumin, ground	1 tsp.	5 ml
Chilli powder	1 tsp.	5 ml

1. Combine the beans and the water, bring to a boil, reduce to a simmer and cook until tender, approximately 1 to 1½ hours.
2. Add the remaining ingredients and simmer for 10 minutes.
3. Drain the beans, reserving the cooking liquid. Chill the beans and the liquid.
4. Purée the beans in a food processor, adding enough of the cooking liquid to make a soft, spreadable purée.

Approximate values per 2-oz. (60-g) serving: **Calories** 100, **Total fat** 0.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 51 mg, **Total carbohydrates** 37 g, **Protein** 12 g, **Claims**—low fat; no cholesterol; low sodium

VEGGIE WRAP

RECIPE 26.16

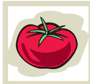
Yield: 1 Sandwich

Spinach-flavored tortilla	1	1
Garlic Yogurt Dressing (recipe follows)	2 Tbsp.	30 ml
Jasmine rice, cooked	3 oz.	90 g
Roma tomato, diced	2 Tbsp.	30 ml
Cucumber, julienne	1 oz.	30 g
Alfalfa sprouts	as needed	as needed
Broccoli florets, blanched	1 oz.	30 g
Red onion, sliced thin	1 oz.	30 g
Capers	1 Tbsp.	15 ml

1 Spread the tortilla with 1 tablespoon (15 milliliters) of the Garlic Yogurt Dressing.
2 Arrange the rice in a mound across the center of the tortilla. Top the rice with the vegetables and capers.
3 Drizzle the remaining Garlic Yogurt Dressing over the vegetables.
4 Using a piece of parchment paper as a wrapper, roll the tortilla tightly around the filling, then chill and serve.

Approximate values per sandwich: **Calories** 464, **Total fat** 3 g, **Saturated fat** 0.5 g, **Cholesterol** 0 g, **Sodium** 296 mg, **Total carbohydrates** 95 g, **Protein** 12 g, **Vitamin A** 12%, **Vitamin C** 45%, **Calcium** 14%, **Iron** 15%

GARLIC YOGURT DRESSING



Yield: 1 pt. (500 ml)

Plain nonfat yogurt	1 pt.	450 ml
Fresh parsley, minced	1 Tbsp.	15 ml
Garlic, minced	2 Tbsp.	30 ml
Dijon mustard	2 Tbsp.	30 ml
Black pepper	1/4 tsp.	1 ml
Tabasco sauce	TT	TT

1 Combine all the ingredients and chill until ready to use.

Approximate values per 1 fl.-oz. (30-ml) serving: **Calories** 19, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 1 mg, **Sodium** 46 mg, **Total carbohydrates** 3 g, **Protein** 2 g

RECIPE 26.17

CLUB SANDWICH

Yield: 1 Sandwich

Sliced bread, toasted	3 slices	3 slices
Mayonnaise	as needed	as needed
Lettuce leaves	2	2
Tomato slices	3	3
Bacon slices cooked crisp	3	3
Salt and pepper	TT	TT
Cooked turkey breast, sliced thin	3 oz.	90 g

1 Spread one side of each slice of bread with mayonnaise.
2 Arrange the lettuce, tomato and bacon on one slice of toast. Season with salt and pepper.
3 Place another slice of toast on top of the bacon.
4 Arrange the turkey breast on top of the second slice of toast.
5 Place the third slice of toast on top of the turkey breast, mayonnaise side down.
6 Place 4 frilled toothpicks in the sandwich, one on each side, approximately 1 inch (2.5 centimeters) in from the edge. Cut the sandwich diagonally into quarters and arrange as desired for service.

Approximate values per sandwich: **Calories** 530, **Total fat** 24 g, **Saturated fat** 6 g, **Cholesterol** 95 mg, **Sodium** 830 mg, **Total carbohydrates** 38 g, **Protein** 39 g, **Vitamin A** 4%, **Vitamin C** 10%

GRILLED SALMON CLUB WITH CILANTRO AÏOLI

RECIPE 26.18



CAFÉ ALLEGRE, ORLANDO, FL

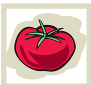
Chef Kevin Fonzo

Yield: 4 Sandwiches

Salmon fillets, 5 oz. (150 g) each	4	4
Salt and pepper	TT	TT
Olive oil	1 Tbsp.	15 ml
Wheat bread, toasted	12 slices	12 slices
Watercress	2 c.	500 ml
Red onion, cut in rings, 1/8-in. (3-mm) thick	8 rings	8 rings
Tomato, sliced thick	8 slices	8 slices
Cilantro Aïoli (recipe follows)	4 Tbsp.	60 ml

1. Season the salmon with salt and pepper and rub with the olive oil, then grill the salmon until medium rare.
2. To assemble each sandwich, top one slice of bread with 1/2 cup (120 milliliters) of watercress, then two red onion rings and two slices of tomato. Top with a second slice of bread.
3. Place one salmon fillet on the bread.
4. Spread the third slice of bread with 1 tablespoon (15 milliliters) of the Cilantro Aïoli and place on top of the salmon. Cut the sandwich and serve.

Approximate values per sandwich: **Calories** 471, **Total fat** 24 g, **Saturated fat** 3 g, **Cholesterol** 87 mg, **Sodium** 410 mg, **Total carbohydrates** 30 g, **Protein** 34 g, **Vitamin A** 27%, **Vitamin C** 36%, **Iron** 16%



CILANTRO AÏOLI

Yield: 1 qt. (2 lt)

Egg yolks	4	4
Salt	1 tsp.	5 ml
White pepper	TT	TT
Dijon mustard	1 tsp.	5 ml
White vinegar	3 Tbsp.	45 ml
Fresh cilantro, chopped	3 Tbsp.	45 ml
Lime juice	TT	TT
Salad oil	28 fl. oz.	840 ml

1. Combine all the ingredients except the oil in a blender. Process until thoroughly combined.
2. With the blender running, slowly pour the oil into the egg yolk mixture to form an emulsion.

Approximate values per 2-fl.-oz. (60-ml) serving: **Calories** 455, **Total fat** 51 g, **Saturated fat** 6 g, **Cholesterol** 53 mg, **Sodium** 140 mg, **Total carbohydrates** 0.5 g, **Protein** 0.8 g

RECIPE 26.19

EGGPLANT AND SUN-DRIED TOMATO PIZZA



GREENS, San Francisco, CA
Chef Annie Somerville

Yield: 1 Pizza 15 in. (37 cm) each, or
2 Pizzas, 9 in. (22 cm) each

Japanese eggplants	2	2
Extra virgin olive oil	2 fl. oz.	60 ml
Garlic, chopped	2 tsp.	10 ml
Salt and pepper	TT	TT
Pizza Dough (page 985)	1 lb.	450 g
Sun-dried tomatoes, packed in oil	5	5
Provolone, grated	4 oz.	120 g
Mozzarella, grated	2 oz.	60 g
Parmesan, grated	½ oz.	15 g
Fresh basil leaves, chiffonade	12	12

1. Slice the eggplants diagonally into ½-inch (1.2-centimeter) slices.
2. Toss the eggplants with 1 fluid ounce (30 grams) of olive oil and the garlic; season with salt and pepper.
3. Place the eggplant slices on a baking sheet and roast at 375°F (190°C) until soft in the center, approximately 15 to 20 minutes. Cool and slice into strips.
4. Preheat the oven to 500°F (260°C). Roll out the dough and place it on a lightly oiled pizza pan or well-floured wooden peel; brush it lightly with the remaining olive oil. Lay the eggplant and sun-dried tomatoes on top. Toss the Provolone and mozzarella together and sprinkle on the pizza.
5. Bake the pizza until the crust is golden and crisp, approximately 8 to 12 minutes. Remove from the oven and sprinkle with the Parmesan and basil.

Approximate values per 4-oz. (120-g) serving: **Calories** 420, **Total fat** 17 g, **Saturated fat** 5 g, **Cholesterol** 15 mg, **Sodium** 500 mg, **Total carbohydrates** 54 g, **Protein** 14 g, **Vitamin A** 100%, **Vitamin C** 30%

RECIPE 26.20

WHOLE WHEAT CALZONE WITH SPINACH AND FETA

SPOKANE COMMUNITY COLLEGE, Spokane, WA
Instructor Peter Tobin, CEC, CCE

Yield: 12 Servings

Crust:		
Water, warm	1 pt.	450 ml
Granulated sugar	2 Tbsp.	30 ml
Yeast, dry	½ oz.	15 g
Whole-wheat flour	8 oz.	250 g
Bread flour	1 lb.	500 g
Olive oil	4 Tbsp.	60 ml
Salt	2 tsp.	10 ml
Filling:		
Clarified butter	2 fl. oz.	60 ml
Onion, small dice	1	1
Frozen spinach, thawed, drained, chopped	24 oz.	675 g
Dried thyme	1 tsp.	5 ml

Cottage cheese	2 lb.	900 g
Feta	12 oz.	360 g
Nutmeg, ground	1/2 tsp.	2 ml
Salt	1 tsp.	5 ml
Pepper	1 tsp.	5 ml
Provolone or mozzarella, grated	1 c.	240 ml
Tomato sauce (page 235)	3 pt.	1.4 lt
Egg wash	4 fl. oz.	120 ml
Cornmeal	as needed	as needed

1. In a mixing bowl, combine the water and sugar and then add the yeast, flours, olive oil and salt. Using a dough hook, mix the dough on medium speed until it is smooth and elastic, approximately 10 minutes.
2. Place the dough in a lightly oiled bowl, cover with a towel and remove to a warm area to proof until the dough has doubled in volume, approximately 1 hour.
3. Heat the butter in a sauce pan. Add the onion and sauté lightly. Add the spinach and thyme and cook until heated through.
4. Transfer the spinach mixture to a bowl and stir in the cottage cheese, feta, nutmeg, salt, pepper and grated cheese. Spread the mixture on a sheet pan and refrigerate until completely cool.
5. To build the calzones, punch down the dough and divide into 12 equal pieces. Roll out each piece of dough into an 8-inch (20-centimeter) round. Spread the center of each round with 1 fluid ounce (30 milliliters) of Tomato sauce. Place 4–6 ounces (120–180 grams) of the spinach mixture in the middle of each round. Brush the edges of the dough with egg wash. Fold the dough in half around the filling, forming a half circle. Seal the edges with your fingers or the tines of a fork. Dust a sheet pan with cornmeal and place the calzones on the pan.
6. Brush the calzones with egg wash and bake at 425°F (220°C) until the crust is evenly browned and the filling is hot, approximately 7 to 10 minutes. Serve the calzones hot with Tomato Sauce on the side.

Approximate values per serving: **Calories** 660, **Total fat** 23 g, **Saturated fat** 11 g, **Cholesterol** 75 mg, **Sodium** 2300 mg, **Total carbohydrates** 78 g, **Protein** 37 g, **Vitamin A** 100%, **Vitamin C** 25%, **Calcium** 35%, **Iron** 30%